



# Meditation

# Workshop

\* Come and expand your knowledge on the 11th Step and various styles of meditation available for practice

**Saturday, September 19, 2015, from 10:00am - 2:00pm**

**Hosted by the Primary Purpose Group**

**Mt. Bethel Presbyterian Church**

**3541 Rose of Sharon Road**

**Durham, NC 27712**

10-11am Introduction to Meditation

11am-12pm Lunch (Feel Free to Bring a Covered Dish)

12pm-2pm Try it Yourself Break-out Meditation Groups



**Please wear comfortable clothes and bring a yoga mat & pillows if desired**

**For More Info Contact : Sarah N. (919) 724-3271 or Betsy C. (919) 316-9114**